

How to Keep Me Safe:

- Always use my car seat.
- Keep plastic bags, cords and other dangerous things away from me. Watch me closely so I do not swallow small things that should not be eaten.
- Keep me away from furniture that I can climb onto and hurt myself if I fall off.
- Keep plants away from me. Many are poisonous.
- Do not let me go to sleep with a bottle of milk or juice in my mouth. It is not good for my teeth. (Water is ok.)

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



16
to 17
Months

How I Develop:

- I can pick up things with my first finger and thumb. Even tiny pieces of lint under furniture catch my eye.
- I may be able to climb out of my playpen or crib.
- I can hold a cup with both hands, but I may spill a lot.
- I may take fewer naps or begin waking up even though I used to sleep through the night.
- I understand more than I can say.
- I use my index finger to point at things I want — it is my way of asking for them.

How I Act:

- I am very sure about what I like and dislike.
- I look for attention and approval, but I do not always cooperate.
- I am easily distracted and entertained.
- I am beginning to learn about things I am not supposed to touch, but I may still touch things.

How You Can Help Me Learn:

- Talk to me, smile at me, carry on conversations with me. Tell me what I am doing and what you are doing.
- Give me pots and pans, plastic bowls and wooden spoons.
- I may show some signs of toilet training.
- Help me discover how objects move and how I can move them.



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If you have questions, contact:

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Sincerely,

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